



This quarterly newsletter is to all previous clients of PTSD Resolution.

We hope you are keeping well, despite the constraints of the Covid lockdown. Remember we are still here for any of you who may want to book in again.

Survey

If you haven't done so already, could you please complete our [on-line survey](#). It will help us build a statistical picture of the journey you have taken to recover your mental health. All entries are anonymous. The results of the first 500 can be seen [here](#).

Post Treatment Support Network



We have found it difficult to develop a virtual network, but we are still open to ideas from anyone who would like to take part or organise local or virtual meetings and events. Please get in touch with ideas at contact@ptsdresolution.org

SMART Recovery

If anyone has a dependency problem, we suggest you book in with SMART Recovery at <https://smartrecovery.org.uk/> as well as with us.



Please consider making your Amazon purchases through Amazon Smile (<https://smile.amazon.co.uk/>), because you can choose PTSD Resolution as your donation recipient. **It is really very easy, and will help us keep going.**

Spread the word!

Please do what you can to raise awareness and funds, so we can continue to pay our therapists so we can help people recover. Please join any and all of our social media to keep up to date with what we and our supporters are doing. You can access our social media using the icons below.



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You have asked to join our mailing list to receive our bi-monthly newsletters.

Our mailing address is:

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